


Substance Abuse

PRESENTED BY
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TYPES OF SUBSTANCE ABUSE

The *Diagnostic and Statistical Manual of Mental Disorders, 4th edition, Text Revision (DSM-IV-TR)* lists 11 diagnostic classes of substance abuse:

1. Alcohol
 2. Amphetamines or Similarly Acting Sympathomimetics
 3. Caffeine
 4. Cannabis
 5. Cocaine
 6. Hallucinogens
 7. Inhalants
 8. Nicotine
 9. Opioids
 10. Phencyclidine (PCP) or Similarly Acting Drugs
 11. Sedatives, Hypnotics, or Anxiolytics
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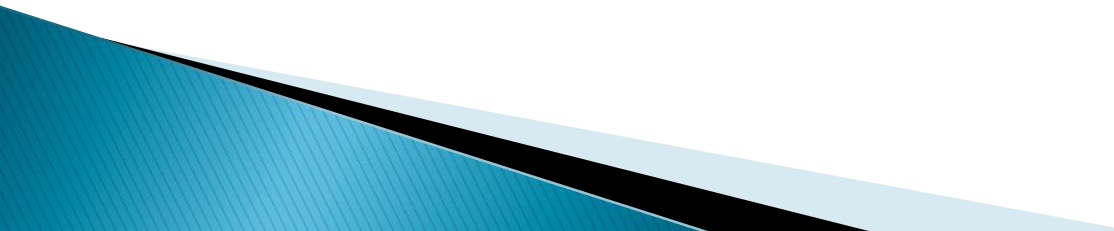
Definition of terms

Intoxication is use of a substance that results in maladaptive behavior.

Withdrawal syndrome refers to the negative psychologic and physical reactions that occur when use of a substance ceases or dramatically decreases.

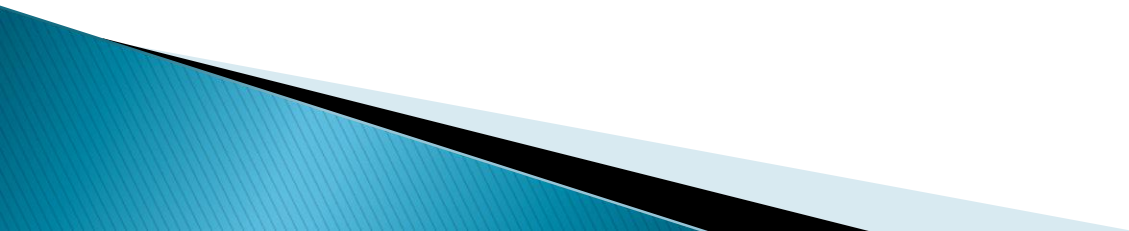
Detoxification is the process of safely withdrawing from a substance.

Substance abuse can be defined as using a drug in a way that is inconsistent with medical or social norms and despite negative consequences.

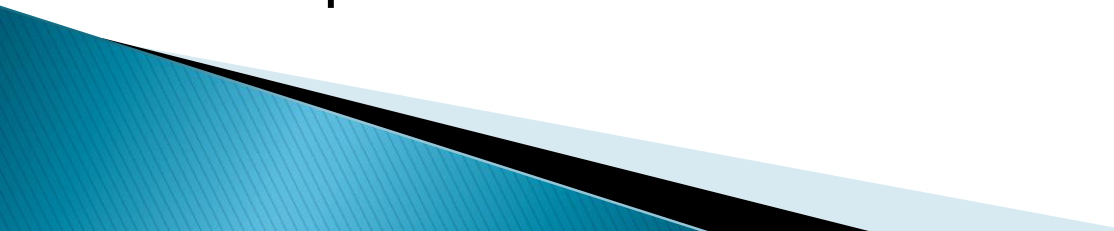


Definition of terms cont...

substance dependence also includes problems associated with addiction such as tolerance, withdrawal, and unsuccessful attempts to stop using the substance.

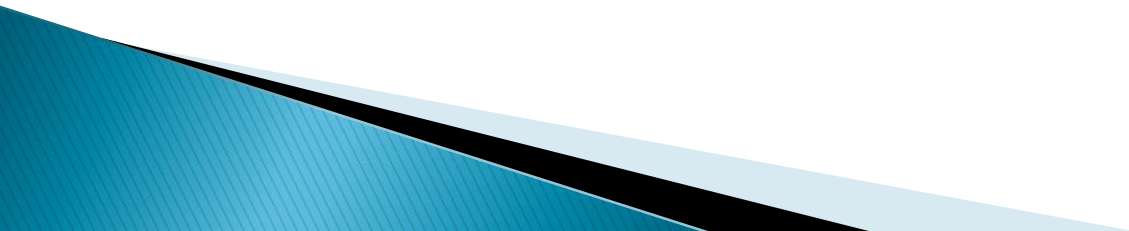


Symptoms of substance abuse

- ▶ Denial of problems
 - Anxiety
 - Irritability
 - Impulsivity
 - Feelings of guilt and sadness or anger and resentment
 - Poor judgment
 - Limited insight
 - Low self-esteem
 - Impaired role performance
 - Physical problems such as sleep disturbances and inadequate nutrition
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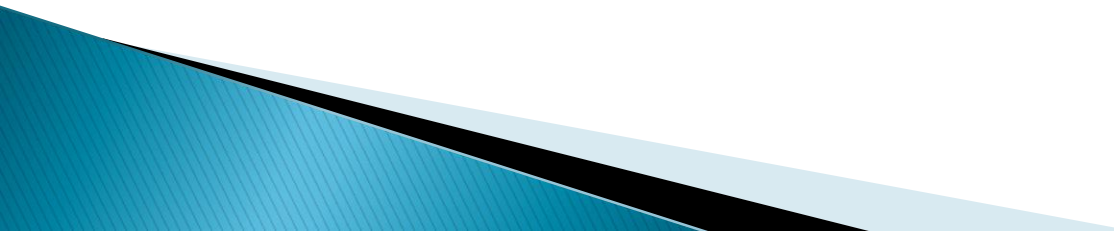
ONSET AND CLINICAL COURSE

For many people, substance use is a chronic illness characterized by remissions and relapses to former levels of use.



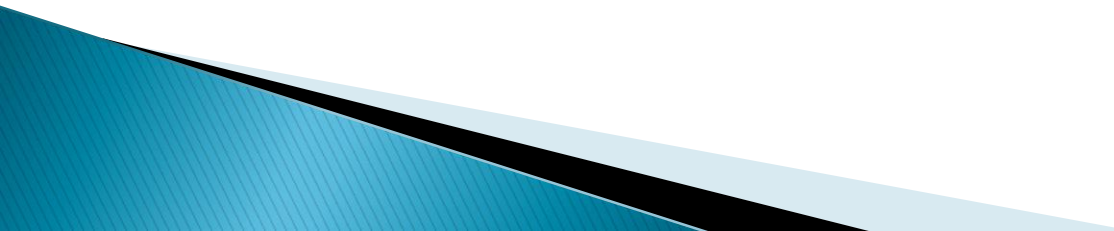
ETIOLOGY

The exact causes of drug use, dependence, and addiction are not known, but various factors are thought to contribute to the development of substance-related disorders. Much of the research on biologic and genetic factors has been done on alcohol abuse, but psychologic, social, and environmental studies have examined other drugs as well.



TYPES OF SUBSTANCES AND TREATMENT

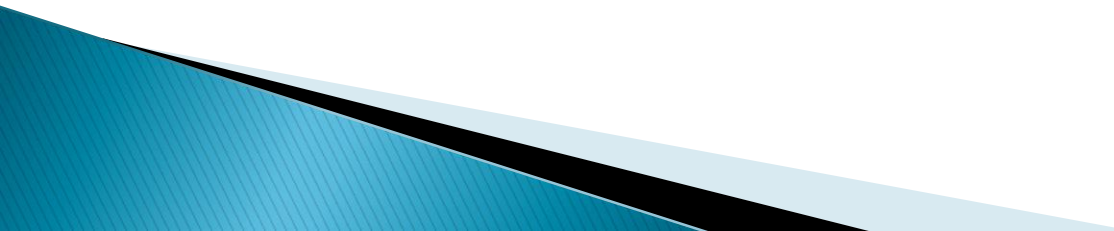
The classes of mood-altering substances have some similarities and differences in terms of intended effect, intoxication effects, and withdrawal symptoms. Treatment approaches after detoxification, however, are quite similar. This section presents a brief overview of seven classes of substances and the effects of intoxication, overdose.



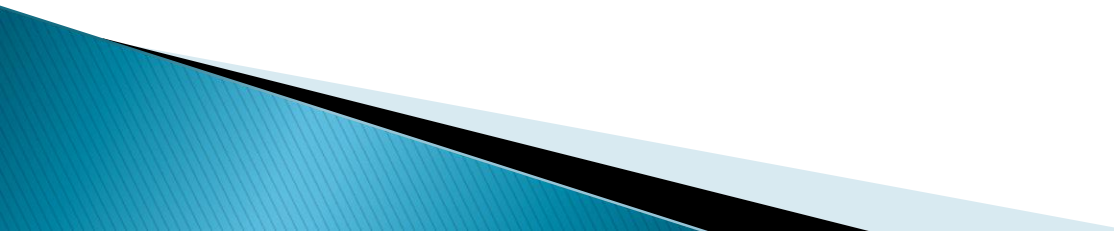
Pharmacologic Treatment

- ▶ Pharmacologic treatment in substance abuse has two main purposes: (1) to permit safe withdrawal from alcohol, sedative-hypnotics, and benzodiazepines and (2) to prevent relapse.

Nursing intervention for Substance Abuse

- Health teaching for the client and family.
 - Dispel myths surrounding substance abuse.
 - Decrease codependent behaviors among family members.
 - Promote coping skills.
 - Focus on the here-and-now with clients.
 - Set realistic goals such as staying sober today.
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Client /family education

- Substance abuse is an illness.
 - Dispel myths about substance abuse.
 - Any alcohol, whether beer, wine, or liquor, can be an abused substance.
 - Prescribed medication can be an abused substance.
 - Feedback from family about relapse signs e.g., a return to previous maladaptive coping mechanism.
 - Continued participation in an after-care program is important.
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Thanks for you

